



Enhancing Alaska's Coalition Framework



CADCA national trainers at the "Back to Basics" conference 2009 annual grantee meeting

In September, 200 participants from across Alaska joined the Division of Behavioral Health and the Community Anti-Drug Coalitions of America (CADCA) in a 2-day interactive, skill-building training "*Beyond the Basics: Core competencies that Lead to Successful and Sustainable Coalitions.*" The focus of the training was to explore and expand Alaska's ability to build and sustain collaborative, means-oriented coalitions allowing for individuals, organizations, and communities to combine resources and efforts in order to effect change—prevention at its best!

Coalition building is a proactive strategy that promotes coordination and collaboration and makes efficient use of the limited community and state resources. We know that by working in partnership, connecting multiple and diverse sectors of a community, and developing a comprehensive approach to common issues (such as

underage drinking or positive youth development) we can achieve amazing and sustainable outcomes—much more than we can ever achieve alone.

Coalition work is hard—have you ever heard the phrase "herding cats"? But, in the end, the hard work will pay off in long-term, sustainable and positive outcomes. The DBH Prevention & Early Intervention Services section sees coalition-building as a key strategy to reducing community risk factors and increasing community protective factors. [Continued on next page....](#)

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Dolly Kiyutelluk and daughter Kiahvi

Working through and with coalitions is how we envision the future for community-driven prevention activities. The old way of doing business isn't getting us where we want to go—human and dollar resources are not abundant enough to allow individual agencies to work in isolation on a single issue. We know that social issues are intertwined, yet we continue to approach these problems as independent silos of activity. In the words of Lisbeth Schorr in her book ***Within Our Reach: Breaking the Cycle of Disadvantage***; “Efforts to reduce juvenile delinquency operate in isolation from programs to prevent early childbearing or school failure. Evaluators assess the impact of narrowly defined services and miss the powerful effects of a broad combination in interventions.”



Conference attendee LaVerne Demientieff

By putting our energy and emphasis on building and sustaining community coalitions, the ability to promote healthy communities; to build strong protective factors; and to reduce risk factors will be greatly increased and the outcomes more positive and hopeful. We thank everyone who attended the training and look forward to following up with future training to continue building a strong coalition framework for

e-Notes Announcements

Alaska receives \$10.7 million for substance abuse prevention infrastructure

The Substance Abuse and Mental Health Services Administration (SAMHSA) awarded a five-year, \$10.7 million grant to DHSS, Division of Behavioral Health. The grant will focus on Alaska's ability to develop and promote community health and wellness by building regional and community prevention infrastructure and capacity, with a specific emphasis on prevention of substance use and abuse.

The state is required to utilize the five steps of the Strategic Prevention Framework – assessment, capacity building, planning, implementation and evaluation. The goal is to have the first three steps completed by June 2010. Once the state's implementation plan has been approved by SAMHSA's Center for Substance Abuse Prevention, the state will solicit proposals from regional and/or community coalitions to develop a prevention infrastructure and capacity at the local level. These grant awards will not be for direct services, but for building sustainable infrastructure and capacity to prevent the consequences of alcohol and other drug use at the community and regional level. Each sub-recipient will be required to also use the five steps of the SPF, and to develop strategies based on what the assessment data tells them—a true data driven process. Proposals will be accepted from regional/community coalitions with the ability to conduct a thorough needs and capacity assessment; drawing on the input and commitment of the region/community at-large.

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While direct program services will not be funded through these grant awards, we will encourage the utilization of environmental strategies that promote changing social and community norms, practices and policies.

We are very excited about the SPF SIG and the prevention opportunities these funds will provide to Alaska. Focusing on coalition building, community assessments, data-driven decision making, infrastructure, capacity and sustainable systems change will enhance our overall prevention efforts and assist us in changing the trends of alcohol and drug use in Alaska and the devastating consequences that occur.

Prevention Making News

Togiak Option policy

The UNITY Youth Council is making a big difference in the lives of the people of Togiak. These youth led the fight in keeping Togiak “dry” and are often referred to as “the beat goes on.” When the City Council proposed allowing alcohol in the village, the youth protested. They organized meetings, talked to elders and defeated the proposal. When the council proposed it again in November, the youth organized a march through town on ATVs and held up signs, shouting, “Vote no!” They stopped the vote twice and the “beat goes on.”



Youngsters Ivana and Dylan vote no in Togiak

Fetal Alcohol Awareness Day, 9/09/09

Here are some photos from the International Fetal Alcohol Awareness Day at an event in Anchorage on September 9th, 2009.



Natasha Has Arrived!

Natasha Pineda, originally from Portland, Oregon is the newest addition to the DBH Prevention staff. She arrived in Alaska in February of 2002 to work as trainer for SMART Moves, a drug, alcohol, tobacco and early sexual involvement prevention program. In her first year in Alaska she had the opportunity to visit over many rural villages and urban centers to conduct direct support and training to staff on how to implement the substance abuse curriculum. She has had the honor to travel and spend time in Metlakatla, Angoon, Kake, Ketchikan, Juneau, Galena, Emmonak, St. Mary's, Bethel, Kotzebue, Fairbanks, North Pole, Anchorage, Mat-Su Valley, Kivalina and Barrow. Having the opportunity to see first hand the unique opportunities faced by the Alaskan community had a profound impact on her view of the state of prevention in Alaska.



Natasha has worked in prevention since her youth doing peer-to-peer education, starting at age 12, which eventually led to a career in prevention and youth development. The range of projects she has worked on included running youth based centers, innovative programs funded by CSAP to address Meth youth through programming that combines drug- prevention education, team-building skills, and community service with the art of filmmaking to more traditional programs developing life skills to increase resiliency in young people. Natasha has also participated in and facilitated, community led prevention through involvement with Alaska and Oregon community based coalitions focused on decreasing substance abuse among youth. Natasha has been working with evidence based programs, evaluation processes and logic model/community planning development for the past ten years in a variety of capacities. She has a strong belief in the youth of our communities to work with adults to develop clear strategies and plan their own solutions for success. Welcome Natasha!

Tobacco Prevention

Article contributed by Wendy Hamilton, Tobacco Program Manager, National Council on Alcoholism and Drug Dependence

October 6, 2009, was a red-letter day in tobacco prevention for two communities in Southeast Alaska. Voters in Juneau passed a ballot initiative that will increase Juneau's local tobacco tax from .30 cents to \$1.00 a pack, and from 12% OTP (other tobacco products) to 45% OTP. A whopping 62% of the voters said "YES" to supporting youth tobacco prevention efforts and making Juneau a healthier community.

The Juneau Clean Air coalition, the National Council on Alcoholism and Drug Dependence, and Teens Against Tobacco Use (TATU) combined efforts to educate the community about the effectiveness of increasing the price of tobacco to prevent youth initiation and promote cessation for youth and adults. Volunteers logged many hours spreading the message through radio interviews, manning phones and spreading media. Members of Alaskans for Tobacco Free Kids, a coalition of statewide agencies, also sent out email alerts to their Juneau members.

After years of community education by SEARHC and the Haines Partnership for Healthy Living, voters in Haines passed a comprehensive clean indoor air ordinance that covers all work places, including bars and restaurants. The Haines coalition with the SEARCH health educator were the driving force behind this exciting policy change, using earned media, a postcard mail-out and talking to fellow citizens as their advocacy approaches.

The passage of both the Juneau tobacco tax and the Haines clean indoor air ordinance demonstrate the effectiveness of community education efforts and community coalitions as powerful prevention tools.

Prevention of Underage Drinking in Alaska making news!

The State of Alaska Plan to Prevent Underage Drinking

A myriad of catastrophic health, social and economic problems resultant from underage drinking has impacted Alaska's youth. In 2000, the Alaska Department of Health and Social Services, Division of Juvenile Justice sponsored an assessment of underage drinking in Alaska. Part of the assessment included 25 Town Hall meetings which were held across the state in 22 communities including Anchorage, Juneau, Valdez, Fairbanks, Galena, Yakutat, Nome, Akiak, Kotzebue, Wasilla, Ouzinkie, Sitka and others. As the Committee received feedback from the various Town Hall meetings, it became increasingly clear that Alaska needed to develop its own strategy to reduce and prevent underage drinking.

Investigators examined statewide efforts and data and conducted more detailed inquiries by interviewing 203 key informants from 17 rural and urban sample communities. The consequences of underage drinking in Alaska are reflected in an increase in the number of alcohol-related accidents among youth requiring hospitalization of 66.3 percent between 1991 and 1998. Over this period, Alaska averaged 30 suicide attempts annually among youth where alcohol was a factor. The cost of underage drinking to the citizens of Alaska was \$317million in 2005, inclusive of medical care, work loss, and pain. This is equivalent to \$3,944 per year for each youth in the State. Based on these figures, per capita, Alaska is second among the fifty states for the cost of underage drinking.

Alaska's plan employs a variety of strategies, including, but not limited to: public awareness; alcohol advertising; education; lim-

iting access; collaboration; governmental assistance; and research and evaluation. The national and Alaska-specific information and recommendations contained herein provide a blueprint for a range of science based state and community actions that are necessary in order to successfully reduce underage drinking in Alaska. These recommendations are based on the IOM/NAS Report: *Reducing Underage Drinking: A Collective Responsibility*. **Each recommendation is categorized as national (N), state (S), or local (L).** The national recommendations are numbered based on the location within the IOM/NAS report. The numbering of the state and local recommendations is specific to this plan.

The Alaska Interagency Coordinating Committee on the Prevention of Underage Drinking has identified as priorities for the next 5 years. This committee will continue to meet regularly to evaluate the use of this plan through out the state, work on the outlined priorities and make changes as necessary to the direction of our statewide plan.

The problem of underage drinking in Alaska is significant but not insurmountable. It will, however, require determination and commitment to a long-term effort on the part of our citizens, state and community leaders to get involved and to take the action necessary to make a difference.

The State of Alaska Plan to Prevent Underage Drinking was released in October 2009. It is available online at www.hss.state.ak.us/dbh/, or hard copies can be requested from nata-sha.pineda@alaska.gov.

Alaska Youth Suicide Prevention Project

State awards \$1.02 million to build regional suicide prevention teams

Three regions receive three-year grants

The Alaska Department of Health and Social Services awarded three \$340,000 regional grants earlier this month as part of the Alaska Youth Suicide Prevention Project. The Division of Behavioral Health, Prevention and Early Intervention Services section is coordinating the awards.

The Alaska Youth Suicide Prevention Project carries the message to communities that youth suicide is preventable, and targets high-risk youth for prevention, intervention and follow-up. Awards of \$113,000 per year for three years went to three agencies serving corresponding regions:

- **SEARHC: communities in Southeast Alaska**
- **The village of Akiachak, in partnership with Kwethluk, Tuluksak and Akiak: the Bethel region**
- **Fairbanks Counseling and Adoption: Fairbanks and surrounding communities**

The awards are to develop regional suicide prevention teams that include a variety of community groups as well as youth, parents and other individuals. The teams will be responsible for building a strategic plan tailored to their region that includes steps:

1. to prevent youth suicide by promoting positive, strength based activities in the community,
2. to intervene by identifying youth at risk and referring them to help, and
3. to follow up in the wake of a suicide attempt. By offering grief support, promoting recovery and reducing risk of others who may be alternately at risk.

Plans are required to include Gatekeeper training, a 'first responder' training that teaches para-professionals and community members how to identify risk factors and warning signs associated with suicide and how to connect youth at risk to community supports and professional resources. Other components of the plan are decided by each region.

The state grants, administrative support, technical assistance, a university campus pilot project and overall project evaluation are funded through a \$1.5 million Garrett Lee Smith Memorial Act grant that the Substance Abuse and Mental Health Services Administration (SAMHSA) gave Alaska in October 2008.

In July 2009, Alaska also received a \$10.7 million SAMHSA Strategic Prevention Framework State Incentive Grant to develop similar regional teams to promote remote communities' behavioral health – a term that includes both mental health and substance abuse prevention.

Community efforts to reduce suicide rates

According to national research, suicide prevention must include and integrate a broad, public health approach as well as a behavioral health approach that provides readily accessible treatment and services for suicidal individuals. Below is a list of recommendations that should be considered when developing a community suicide prevention program or project.

- Suicide prevention, intervention and treatment Integrated into continuum of care to include access and availability of behavioral health services.
- Suicide prevention is targeted simultaneously at the community (schools), family and individual levels.

- Should not focus only on suicide and reduction of risk factors but also promotion of protective factors such as connectedness and resiliency.
- Community involvement that promotes overall health and well-being
- Flexibility in programs that is able to meet diverse needs of Alaskans.
- Constant vigilance in collecting and monitoring data for evaluation and program development.
- Promoting and enhancing sustainability and cultural competence in program development and community-based prevention practices.

One such effort to reduce suicides in the state is the Alaska Gatekeeper Training. A *gatekeeper* is a term used to identify person in a community that protects others from harm, offers support and assistance or directs them to services. A gatekeeper should be part of the fabric of every community where suicide is a risk.

Although suicide is higher among specific regions and populations, suicide impacts EVERYONE and therefore each community should have a suicide prevention plan that includes not only crisis response but also prevention and post-vention care. Post-vention refers to a planned response after a suicide has occurred which includes family/ community grief counseling, survivor support groups and other memorial services related to suicide.

For more information on the Alaska Suicide Follow-back Study or on developing suicide prevention programs, practices and interventions tailored to your community, obtain or download the Alaska State Suicide Prevention Plan at <http://health.hss.state.ak.us/suicideprevention> or contact James Gallanos, DHSS, Suicide Prevention Project coordinator at (907) 465-8536.

“Warriors for a New Era:

Challenging Alaska Native Young People to Repower their World” Five Interactive Community Forums

Challenging Alaska Native Young People to Repower their World: Five Interactive Community Forums. Five forums will be held in Anchorage between October 2009 and April 2010 focused on supporting young Alaska Native people, college students, and emerging leaders to reconnect with their roots, learn their histories, engage with key issues, and shape their futures. The “Warriors for a New Era” series will provide an opportunity for young people and emerging leaders to talk about the issues Alaska Native peoples are facing and to elicit proactive thinking for fresh approaches to contemporary issues. Each of the five forums will address a different important issue facing Alaska Native communities and cultures: gaining wisdom from the Elders; healing from the injuries of the past; meeting tribal challenges; protecting subsistence ways of life; and learning from the life experiences of Alaska Native leaders. The forums will include sharing by Alaska Native Elders and leaders as well as interactive dialogues.

<http://www.uaa.alaska.edu/cafe/difficultdialogues/youth-forums.cfm>

Recovery Month Celebrated

September was National Alcohol and Drug Addiction Recovery Month, presented by the Substance Abuse and Mental Health Services Administration. This year marked the 20th anniversary of the observance and the theme is "Join the Voices of Recovery: Together We Learn, Together We Heal." Recovery Month is both a celebration and an educational opportunity, honoring those in recovery and those who provide recovery services. In addition, the tradition aims to educate the public about the national health crisis that is substance abuse and to provide encouragement that recovery from addiction is possible. Below is this year's 4th Annual Juneau Recovery Month Poetry Slam Winner, Michael Christensen.

Excerpted poem by Michael Christensen

I Cant Talk Now

I can't talk now

about how raven, standing on my neighbor's trash can,
manages to fling the lid like a wobbly frisbee

what with the world spinning out of control and freedom becoming a controlled commodity.

Freedom - a clear head and an open heart, and the day God created spread out before you like 72 dancing virgins,
all chance and possibility, all choice and opportunity; although why He'd schedule an 8:30 project management meeting for me is beyond comprehension,

when I should be thrusting westward, like a force of nature,
when I should be distributing leftist leaflets on street corners,
when I should be banging the garbage lids like an alarm clock.

You can't wake up someone who's only pretending to sleep.

I just can't talk right now

about the secret language of salmon I've spent years deciphering,
what with politicians torturing words into a möebius stripped of meaning,
pleasing sounds with no roots in the ground, living on the air

like evil fairies, singing mermaids, a kushtika with the face of the dead

The spectrum bends and meets at the invisible ends,
and we are right back where we began, no past but that which lies ahead of us.

In the future, it will be pathologies rather than ideologies that beat the drums of the Zeitgeist.

I can't talk right now

about the way the curtains of light wave like thoughts across the cosmic mind,
at my age, on this stage, effacing the abyss but not peering too close
for fear of what it might contain, monsters or mortality or memory;

The center doesn't hold - there's nothing but fringe
and six billion niches to stick it in,

a planet of cell phones that ring and ring, and an bird on the verge of extinction that cannot sing.

Put down the bottle, Cousin. We need to talk.

Environmental Approaches

When we speak about "environmental strategies" as it relates to our work in prevention, we are not necessarily speaking about saving trees from deforestation or polar bears from a shrinking habitat due to global warming. What we are speaking about are strategies that can be effective broad-based prevention approaches that have the potential to impact and change the way communities think, act and feel about their health and overall wellness.

First, we must establish what it is our communities desire to change. Are we striving to reduce smoking? Reduce underage drinking? Increase resiliency in the community? Increase protective factors for our youth? To make a difference in the community or population at large, we must be prepared to conceive and utilize a variety of skills and techniques to get the outcome we want.

Environmental strategies and environmental change look very different depending upon the culture, the community, and the individuals who are observing. The goal is to develop a strategy to support the implementation of a desired change in the environment that has permanent benefits to the health and well being of your community. A single strategy may be a necessary element to support environmental change, but must fit within a comprehensive strategic plan (your logic model) to really be an environmental strategy.

Using a variety of strategies is almost always necessary to implement the long-term outcome or goal of the successful environmental change.

Environmental Strategies examples include:

- Review and modification of tobacco or alcohol **policies** related to prices, taxing or advertising
- Establish and/or review **policies/practices** related to alcohol/drugs and firearms in the community.
- Increase local **enforcement and judicial sentencing** in specific health areas, for example:
- Changing **norms or attitudes** about alcohol, tobacco or illegal drugs, violence or bullying behavior, mental health, sexual orientation, cultural beliefs, etc.
- Changing **public perceptions** and norms about youth and their capabilities
- Changing **school norms, policies, programs and practices** to increase a positive school climate
- Work with the media to assure safe, responsible reporting about suicide, mental illness and substance abuse
Sensational suicide reporting can lead to "copy-cat" behaviors and a perception that suicide is a normal response to crisis.
- **Media strategies** to assure balanced responsible reporting about youth or increase positive stories about people celebrating recovery, health and wellness.

To effectively implement an environmental strategy, you must have a targeted environmental change and a strategic plan that you are seeking to implement. Although a small group may be able to implement a single environ-

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mental strategy, a well-represented and empowered coalition will have a greater impact. How that occurs is up to you and your community.

Environmental strategies are a critical component of a comprehensive community prevention plan--they

“Environmental” Approaches:

This strategy seeks to establish or change community conditions, policies (ordinances, laws standards/codes), practices and/or norms and attitudes, thereby influencing community ownership of its problems and solutions. It may also include changes made in an organization’s policies and practices that promote health and address the impacts of health behaviors.

can be integrated into a broader prevention approach, providing long-term, sustainable change. During the next few months, we will be providing training and TA opportunities for those communities wanting to expand their understanding of environmental strategies and changing social norms. In order to learn more, please see the webinar announcement below on social norms.

Center for Substance Abuse Prevention (CSAP) Strategies

There are six prevention strategies that address risk behaviors (e.g. alcohol/drug use, suicide etc) and increase resiliency. A community planning team decides which strategies best meet their needs to address the issue or problem. Communities at different *levels of readiness* may want to use different strategies. Here is the listing of the six prevention strategies.

1. DISSEMINATION OF INFORMATION
2. EDUCATION
3. “ALTERNATIVE” ACTIVITIES
4. COMMUNITY-BASED PROCESSES
5. “ENVIRONMENTAL” APPROACHES
6. INDIVIDUAL SUPPORT & REFERRAL

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Social Norms Webinar

January 20th, 10:30 – 11:45am

This webinar will provide, 1) a description and theory behind social norm campaigns as an environmental strategy and 2) offer visual examples of what other communities have done. Lee Rush and Ray Fox from just Community, Inc. a Drug Free Communities coalition from Quakertown PA, will discuss their community/school’s very successful social norms marketing experience.

If interested in participating, contact Becky Judd (becky.judd@alaska.gov) by Jan 13th to get directions on how to join this online webinar.

Behavioral Health supports Spirit of Youth 2009 Winners

The Division of Behavioral Health was one of twelve sponsors at the 11th annual Spirit of Youth Awards Banquet in Anchorage on March 21. Teens from 15 Alaska communities were recognized and celebrated for their contributions. Below are their stories.

Service to Peers

- The **Youth Action Committee** solicits funding and distributes it to non-profits or individuals that solve problems that Juneau youth are facing. The focus this year is homeless and vocational training.
- As a member of the East HS Partner's Club, **Daniel Fink** helps disabled students get more involved with student life. He has worked with disabled students to do the morning announcements and assisted in the Global Youth Activation Summit, with Special Olympics athletes.

Faith-based Service

- **Victoria Bledsoe** organized a fundraiser through her church to improve the Eagle River library. The team of volunteers sponsored a city-wide potato feed, collecting over \$4,800 for the library.
- **Julie Beehler** leads Oasis a youth workshop service at her church in Kodiak and a girls' Bible study group on Thursdays at her home.

Cultural Pursuits

- **Eric Hamaar** carves, creates masks, pendants and computer-generated art. Eric helped carve the new Unity Totem Pole, erected in front of the school in Kasaan.
- **Bruce J. Gore**, of Cantwell worked with two Native elders to build a moose skin boat. BJ learned a skill that is in danger of being lost forever because it has not been built in Alaska in over 60 years.

Tune into your local public radio station, to hear positive stories about youth sponsored by Division of Behavioral Health

Overcoming Challenges

- **Clarice Uttke** has overcome domestic violence and addiction. She surrendered herself to the state at age sixteen, determined to make something of her life. She speaks out about domestic violence by sharing her story with others. As a UAA student, she is the first in her family to attend college.
- **Bryan Arnold** from Anchorage, lives with the disability called muscular dystrophy. A video he created about his disability is used by the Adapted Physical Education department. Bryan initiated the Blaze Sports program, which offers athletic opportunities for students with a physical disability.

Science and Environment

- **Anvil City Science Academy** members are working with science researchers and the Norton Sound Economic Development Commission to restore salmon habitat and reintroduce a healthy, sustainable salmon population to local streams in Nome.
- **Shageluk High School students** collected data at a recovering burn area near their school for several years. They recorded information about snow density, ice thickness, hydrology and bird data. The group presented their research at the prestigious Globe Learning Expedition Conference in South Africa, last summer.

Service to Children

- **Windy Gore** from Cantwell, organized a cheerleading program for K-4th graders. To prepare for the middle school's basketball home games, Wendy coached the cheerleaders two to three times a week.
- **Jaqueline Yang** from Chugiak, coordinated a canned food drive for Kid's Kitchen. She collected and delivered over 1,000 cans of food, now she is raising funds for kitchen cabinets.

Service to Community

- Anchorage teen, **Alexis Cobb** has spent almost 700 hours volunteering at her church's nursery and the neonatal intensive care unit at the hospital. She wants to be a schoolteacher when she grows up and practices by baby-sitting kids in her neighborhood for free.
- **Cody Vetter** created Palmer Skateboard Association and worked with the Mayor to raise funds to build a skate park and ease tension between skaters and Palmer business owners. Local foundations, companies and labor unions have donated \$400,000 in labor and funding.

Lifesaver and Prevention

- The **POWER Outreach workers** provide teens with health services at the POWER Teen Clinic, in Anchorage. They also perform outreach through risk reduction education and community activities.
- **Dustin Evon** has created a supportive environment for students at the Student Living Center who are living away from home. He recently earned his EMT certification and was able to put his skills to use in several emergency situations, providing immediate care before the fire/medics arrived.

Media and Technology

- Eagle River students **Michelle Boone, Casey Mills, Ryan Harrison and Kayla Williamson** created a video in their media class on the rights of teenage workers. The video is used in classrooms presentations by the Department of Labor.
- **David Williams** finished his novel, "The Highest Seat Does Not Hold Two: A Space War Story of the Future" at the age of fifteen. After a reading a page from David's book, a publisher offered him a contract. This Eagle River student has become one the youngest published authors in Alaska.

Fine Arts

- **Stephanie Alley** of Ketchikan founded the Visual Performing Arts Club, an after-school youth group. Projects include dancing in the Misty Thistle Scottish Highland Band and conducting a "Shadowbox Theatre" production to increase awareness about domestic violence.
- The **Thorne Bay School Band** students resurrected their school's band after many years of inactivity. Eleven youth took the initiative to recruit an advisor, find lost instruments and fundraise for new ones. The Band has become a youth-led animated group of performers at SE events and festivals.

Government and Business

- **Ken Jones**, is a 17 year old fisherman, who bought his first boat as soon as he was legally able. Although he's the youngest captain of the Cordova salmon seining fleet, he pulled in a reasonably good season. He hired three friends and kept them in line all summer.
- To address the lack of youth knowledge and participation in the political process, **Briana Murphy and Lily Coyle**, started a weekly evening political forum at the Pandemonium Bookstore in Wasilla. All teens from the Valley are invited to talk about political issues and munch on free desserts.

Behavioral Health Joins Spirit of Youth.

Please Help us recognize youth from your community!

While the deadline for this year's awards is December 31st,

Submit a nomination online: www.spiritofyouth.org

Save the date



december

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Schedule of Events

- Jan 20th —Social Norms Webinar
- Jan. 25-28th -PRIME for Life Training
- Feb. 8-11th CADCA Leadership Forum
- Feb. 18-20th - FASD SE Alaska Regional Conference
- March 15-19 —AYEA Conservation Summit—Juneau
- April 15-16th—Full Lives Conference
- April 21-23rd —Alaska Tobacco Control Alliance Summit

Social Norms Webinar: This webinar will provide, 1) a description and theory behind social norm campaigns as an environmental strategy and 2) offer visual examples of what other communities have done. Lee Rush and Ray Fox from just Community, Inc. a Drug Free Communities coalition from Quakertown PA, will discuss their community/ school's very successful social norms marketing experience. If interested contact Becky Judd (becky.judd@alaska.gov) by Jan 13th to get directions on how to join this webinar.

PRIME For Life Training: January 25th —28th, 2010, New Instructor's Training, Anchorage, Frontier Building 3601 C St. To book a room at reduced rate, Springhill Suites at 3401 A Street, Anchorage - (907) 562-3247. You must mention the PRIME for Life training. For more information contact Tony Piper, ASAP Program Manager, Division of Behavioral Health, 907-264-0735 or e-mail at tony.piper@alaska.gov.

CADCA Leadership Forum and CSAP's Community Prevention Day: February 8-11, 2010. "Coalitions at Work: Restoring Communities. Gaylord National Resort, National Harbor, MD. <http://www.cadca.org/events/detail/forum2010>.

FASD SE Alaska Regional Conference: February 18-20, 2010. Embracing the Reality, Celebrating the Passion and Creating Hope. <http://www.ccthita.org/2010fasdconference.html> for more information.

AYEA CIVICS & CONSERVATION SUMMIT: Juneau, March 15-19, 2010 Alaska Youth for Environmental Action is seeking high school applicants for their **2010 Civics & Conservation Summit**. AYEa is a youth empowerment program that takes 20 teens to the state capital every year for a five-day leadership training. The Summit is an innovative training where Alaskan teens will learn about the state legislature through first-hand experience, as well as have the opportunity to take action on environmental issues facing their communities. The total cost is \$100 (not including travel). Scholarships are available to those who apply early. Please nominate enthusiastic teens in your community to participate! For more information or to apply, visit <http://www.ayea.org/>. Application deadline is February 1st, 2010.

2010 Full Lives Conference, April 15-16, 2010. Sheraton Anchorage Hotel. Proposals for presentations now being accepted. <http://www.alaskachd.org/fulllives>.

Alaska Tobacco Control Alliance Annual Summit.: April 21 -23 2010. The event will be held at the Challenger Learning Center of Alaska, located in down-town Kenai. The agenda will include sessions on tobacco prevention and cessation, clean indoor air policy, youth advocacy programs and other related issues. Key note speakers include Dr. Richard Carmona, former U.S. Surgeon General under President Bush, and Dr. Stanton Glantz, Director of the Center for Tobacco Control Research and Education, UC San Francisco. For additional information about the 2010 Summit, you can contact Jenny Olendorff, Tobacco Summit Chair at tcap@alaska.net. Additional information can be found at the ATCA web site at <http://alaskatca.org>.

Prevention eNotes!

This issues quote...

*“One great, strong, unselfish soul
In every community could actually
redeem the world.”*

~~Elbert Hubbard~~

“Partners Promoting Healthy Communities”

www.hss.state.ak.us/dbh/prevention/



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